

CENSUS DAY

Wednesday, January 18

Deadline to add or drop Winter semester courses is 12:00 pm
Regular university program



NEW Peer Support Drop-In Hours for Winter Term 2023

monday	tuesday	wednesday	thursday	friday
10-11am 1-2pm	12-2pm	10-11am 1-2pm 3-4pm	12-1pm 1-2pm	12-1pm 1-2pm

Located in the Student Success Centre

INSIDE THIS EDITION:

- CAREER WEEK-Jan 16-19
- Japanese Language Online Program
- Deep Freeze
- Done With Dieting
- CSA Health & Dental Opt-Out: Jan. 20/
- Safe Talk
- Make Some Noise for Mental Health
- English Conversation Club
- Predatory Publishing Workshops
- Spring reflection Art Exhibition
- Lunar New Year Celebration
- Financial Fridays
- Facing Difficult Circumstances
- Laurence Decore Award
- Gary McPherson Scholarship
- Undergrad Student Research Awards
- GSA Awards

[Deep Freeze Byzantine Winter Festival 2023](#) is looking for volunteers!



arts on the ave presents

Deep Freeze

Volunteers Needed!

January 21-22, 2023

DeepFreezeFest.ca/volunteer

Positions available for many different skills & interests

CUE CAREER WEEK

Driving your business

Register for Reminders



CAREER WEEK EVENTS

MONDAY
JAN 16
10:30-1

**INFORMATION
BOOTH AND
RAPID RESUME
REVIEWS**

TUESDAY
JAN 17
10-2

**VOLUNTEER
FAIR**

WEDNESDAY
JAN 18
10-2

**CAREER
FAIR**

THURSDAY
JAN 19
11:30-1

**GRAD
FAIR**

All events will take place in Tegler

careerservices@concordia.ab.ca



JAPANESE LANGUAGE ONLINE PROGRAM

Only 35,000 JPY (approx. 250 USD)

Package :

- Speaking
- Reading
- Completion Certificate upon completion
- Writing
- Listening

Class Duration :

February 20th to March 3rd
90 Minutes x 2 classes for 10 days
(Weekdays Only)

This online program is for those of you who:

- have completed the beginner's Japanese class/CEFR A2.
- are able to read hiragana & katakana.
- want to proactively involve in Japanese conversation during the class.
- obtain 60 points or more in the placement test.
(those who score 59 points or less may find the program content is difficult.)

Limited participants, Register Quickly !!

- Application deadlines : January 20th
- Acceptance date* : January 23rd
- Payment deadline : January 27th

*We will send out the invoice for the payment on this date.



Registration & Information:

mltsp@toyo.jp

This program is subject to change and we have the right to postpone the program with prior notice.

Apply now from here!

Registration Form

<https://forms.gle/CF9KKSrgGUoWrBrw5>



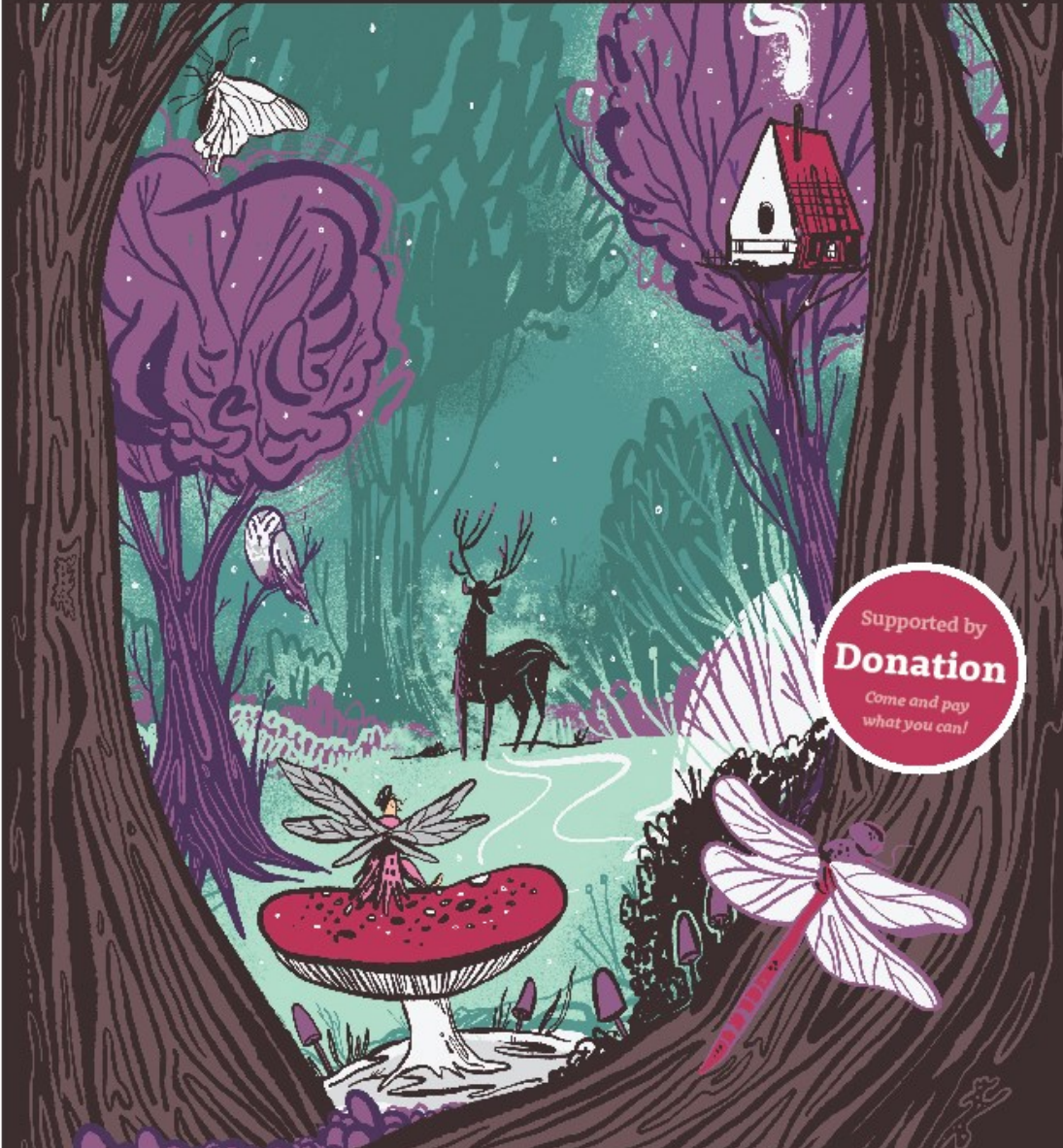
arts en scène presents

Deep Freeze

A Byzantine Winter Festival
un festival d'hiver byzantin

JANUARY 21-22, 2023

DeepFreezeFest.ca Stay Tuned!   #DeepFreezeYEG



Supported by
Donation
Come and pay what you can!

ICE CARVINGS

STREET HOCKEY

FAMILY FUN

LIGHT INSTALLATIONS





We are very excited to let you know that enrollment is now open for our upcoming group – DONE with Dieting: Begin to Nourish Your Body and Your Worth! In this 4-week group, you will be part of an exclusive online community for folks who feel done with dieting and are ready to make peace with food.

THIS GROUP IS A GOOD FIT FOR YOU IF YOU FEEL:

- You are done with dieting
- Hungry and tired all the time
- Exhausted by the thought of starting a new diet
- Overwhelmed by conflicting nutrition information
- Like diets don't work
- Tired of fighting your body
- You aren't looking after your body while going on a diet for your health
- You don't know what to eat anymore
- Like you want to learn to trust your body

THIS GROUP INCLUDES:

- 4 weekly group sessions led by Emily Fentie, Registered Dietitian
- Additional tools and resources to help deepen your understanding of food neutrality, self-compassion, and examining your own relationship with food
- A private, secure chat group to connect with like-minded participants between each session

DETAILS:

4 weekly group sessions (60 minutes each)

Tuesdays - January 24th to February 14th

7:30pm – 8:30pm MST

\$195

If you would like to join us for this upcoming group or would like more information, click the link below.

[FIND OUT MORE](#)



It is time
to check your
enrolment options
for the **Student Health
& Dental Plan.***

Visit

mystudentplan.ca

for more details!

*Deadline **Jan. 20th**





safeTALK

Suicide Alertness for Everyone

A half-day workshop to learn the signs and how to get help for someone at risk of suicide.

Learning objectives:

- Move beyond common tendencies to miss, dismiss, or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of suicide to suicide first aid intervention caregivers

Register:

tinyurl.com/safeTALKforCUE

Jan 23, 2023

1:00-4:30pm

Location: AW207

Cost: FREE!

Contact: wellness@concordia.ab.ca

This workshop is open to all CUE students and employees.

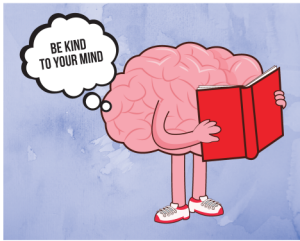


centre for
suicide prevention

Centre for Suicide Prevention
T 403 245 3900
csp@suicideinfo.ca

suicideinfo.ca
[@cspyyyc](https://twitter.com/cspyyyc)

SafeTalk - tinyurl.com/safeTALKforCUE



MAKE SOME NOISE FOR MENTAL HEALTH

JANUARY
13-26, 2023

<p>FRI JAN 13</p> <p>6PM Women's Volleyball: Thunder vs. Red Deer Polytechnic Ralph King Athletic Centre</p> <p>8PM Men's Volleyball: Thunder vs. Red Deer Polytechnic Ralph King Athletic Centre</p>	<p>SAT JAN 14</p> <p>6PM Women's Basketball: Thunder vs. Augustana Ralph King Athletic Centre</p> <p>8PM Men's Basketball: Thunder vs. Augustana Ralph King Athletic Centre</p>	<p>TUE JAN 17</p> <p>5:30-8:00PM Building Healthy Lifestyle Strategies Workshop Register at: tinyurl.com/STUDENTBHLS</p> <p>WED JAN 18</p> <p>12-12:50PM YOGA Design Thinking Space (AW207)</p>
<p>MON JAN 23</p> <p>1-4:30PM safeTALK Workshop Register at: tinyurl.com/safeTALKforCUE</p>	<p>WED JAN 25</p> <p>12-12:50PM YOGA Design Thinking Space (AW207)</p> <p>11AM- 1PM Bell Let's Talk Day Tegler</p>	<p>THU JAN 26</p> <p>2-3:30PM Cannabis Café Workshop Register at: tinyurl.com/CUECannabisCafe</p>



Library & International Office

JOIN THE ENGLISH CONVERSATION CLUB

Practice your English speaking skills & make friends!

Hello!
Nice to see you!

How is school going?



That's great news!



Meetings start January 11, 2022
CUE Library Main Floor (Gallery Space)
Wednesdays, 3-4 pm

<https://concordia.ab.ca/english-conversation-club/>

PREDATORY PUBLISHING WORKSHOPS

- ✓ Identify predatory publishers
- ✓ Differentiate predatory from reputable publishers
- ✓ Locate quality journals for your academic work

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- Tues, Jan 24 (9:30 - 10:30am) - Google Meet
 - Mon, Feb 27 (11:00am - 12pm) - Google Meet
 - Thu, Mar 30 (9:00am - 10am)- Google Meet



Register for a free workshop:

- Visit <https://bit.ly/3GT1TYx>
- Or scan the QR code



CONCORDIA
UNIVERSITY
OF EDMONTON

Office of
Extension and Culture

Spring Reflection Art Exhibition

Opening Ceremony 7:00 - 9:00 PM
JANUARY 20, 2023

HOSTED AT CONCORDIA UNIVERSITY OF
EDMONTON - AW 207

JANUARY 20 - FEBRUARY 20

CONCORDIA.AB.CA/EXTENSION

Lunar New Year of the Rabbit Celebration

FRIDAY, JANUARY 20, 2023

12:00 - 1:00 PM

Tegler Student Centre

Chinese songs sung by CHIN 102 students
Quizzes on Chinese Culture with Prizes
Tai Chi Performance
Kungfu Performance
Chinese Calligraphy and Bracelets
Taste Traditional Chinese Food

concordia.ab.ca/extension



Centre for
Chinese Studies
中国语言文化中心

International
Office





**FINANCIAL
FRIDAYS IN
TEGLER
12:00 - 1:00 PM**

**JOIN US FOR
FUN, GAMES & PRIZES**

**Empowering
Financial Wellness**

OCTOBER 14
PLANT A SEED FOR TOMORROW

NOVEMBER 25
GET YOUR MONEYS WORTH

JANUARY 27
GOOD CREDIT/BAD CREDIT

FEBRUARY 17
EMERGENCY FUND 101

MARCH 24
HAVE DEBT? NO SWEAT

APRIL 14
SMART FINANCIAL GOAL SETTING



FACING DIFFICULT CIRCUMSTANCES?

CONCORDIA'S BURSARY PROGRAM

Fall Term Deadline: October 15th
Winter Term Deadline: February 1st

Apply Online:
[TINYURL.COM/CUE-BURSARY](https://tinyurl.com/cue-bursary)



Laurence Decore Award for Student Leadership

Recognizes post-secondary students who have demonstrated outstanding dedication and leadership to fellow students and to their community.

Full-time domestic Undergraduate students who are Alberta residents may apply.

Award Value: \$1000



Deadline to apply: January 20th

For more information and to apply visit concordia.ab.ca/financial-aid
Questions? finaid@concordia.ab.ca



Dr. Gary McPherson Leadership Scholarship

Recognizes students who have demonstrated outstanding leadership, especially in the area of disability, and/or initiative to improve the conditions and lives of others. Full-time domestic Graduate and Undergraduate students who are Alberta residents may apply.

Award Value: \$2000



Deadline to apply: January 20th

For more information and to apply visit concordia.ab.ca/financial-aid
Questions? finaid@concordia.ab.ca

Undergraduate Student Research Awards (USRA)

USRA Information Session

January 23 & 24
12 - 1pm each day

Join us for a virtual information session to learn more about the 2023 Undergraduate Student Research Awards

Hosted by CUE's Office of Research Services and Financial Aid & Awards

Contact finaide@concordia.ab.ca for more information

January

20
23

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 23: 12:00 - 1:00pm

Meeting ID: <http://meet.google.com/xcg-gkhs-iwo>

January 24: 12:00 - 1:00pm

Meeting ID: <http://meet.google.com/yqb-sjdh-mdu>

Graduate Students' Association (GSA) Awards

The [GSA Bursary Award](#) & [GSA Scholarship Award](#) online application is now open! The number of awards available will vary depending on the funds collected from the GSA fee levy and the number of applicants in any given semester.

Value: \$1,000 for a degree program, \$750 for a diploma program, \$500 for a certificate program; the value of the award may be prorated based on enrolment.

How to Apply: Submit an [online application](#) through Online Services for Students

Application Deadlines:

- Fall - October 1
- Winter - February 1
- Spring - May 15

Questions? Email finaid@concordia.ab.ca



[GSA Bursary Award](#)

[GSA Scholarship Award](#)

[Online Services](#)

finaid@concordia.ab.ca